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BASE



Health Fair
2002

Brought to you by
Naval Hospital
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Tomorrow
9:30 a.m. to 1:30 p.m.
NAS Jacksonville
NEX Courtyard

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be:

- Stroke screening
- Blood sugar screening
- Blood pressure screening
- Health benefits information
- Wellness Center information on smoking cessation, high blood pressure and weight management programs
- Information on the prevention of sexually transmitted diseases
- Environmental health information
- Nutrition information
- Breast health awareness information
- Lightening safety tips
- Pediatric asthma information
- Pharmacy formularies
- Cardiovascular health information
- Men's health issues information (Urology)
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Hospital's Customer
Satisfaction Office, 542-
9457.

WEEKEND
WEATHER

FRIDAY 72/88
SCATTERED THUNDERSHOWERS

SATURDAY 73/89
ISOLATED THUNDERSHOWERS

SUNDAY 73/88
ISOLATED THUNDERSHOWERS

Seven-day forecast available at Naval
Atlantic Meteorology and Oceanography
Facility Jacksonville's Web site:
<https://www.nimof.navy.mil>

Boots on the Ground hits area bases

By JO2 Mike Jones
Assistant Editor

Key leadership from the Naval Aviation Readiness Integrated Improvement Program (NAVRIP) toured facilities at NAS Jacksonville and Naval Station Mayport last week as part of the "Boots on the Ground" (BOG) project.

Flag officers attending the BOG included Rear Adm. Wally Massenburg, Naval Air Systems Command (NAVAIR) assistant commander for Logistics; Rear Adm. Mike Finley, commander, Naval Inventory Control Point and Rear Adm. Steve Heilman NAVAIR assistant commander for Industrial Operations.

While at Naval Station Mayport, the team looked at the H-60 T-700 Modular Engine, the H-60 Transmission System and the H-60 ARQ-44 two-way voice and data transmission system "Data Link." After touring Mayport, they headed over to NAS Jacksonville where they received firsthand accounts of readiness problems from military and civilian maintainers at Aircraft Intermediate Maintenance Detachment (AIMD).

The team reviewed the S-3B Flight Control Systems leading edge flaps and associated structures, the H-60 Automatic Flight Control System, and the S-3B AN/APS-137 Radar System.

"These Sailors deserve everything we can possibly get to them," explained Massenburg. "What we've failed to do in the past 10 years is to get them the tools. This is part of what we want to do here with the BOG project."

Each of the admirals has a leadership role as a part of the Naval Aviation Readiness Improvement Team (NAVRIT). NAVRIT is a cross-Navy implementation team directing NAVRIIP, a systemic approach to improving naval aviation non-deployed readiness through integrated requirements, supplier and budget



Photo by JO2 Mike Jones

AIMD's Chief Warrant Officer Dennis Jones describes some components of S-3 aircraft radar equipment to Rear Adm. Wally Massenburg, Naval Air Systems Command (NAVAIR) assistant commander for Logistics, during a Naval Aviation Readiness Integrated Improvement Program (NAVRIP) visit May 21.

solutions.

"BOG is a product that delivers many attributes to improve non-deployed readiness. It gives the Type Wing Commodore another strong,

cross-functional tool to manage and optimize available resources," Massenburg said. "It supports the Fleet and is exactly why this is such an exciting opportunity for us all."

Fleet and Family Support Center relocates

By Miriam S. Gallet
Editor

Amidst unpacked boxes and empty desks, the 33-member staff and eight volunteers at the NAS Jacksonville Fleet and Family Support Center (FFSC) continue to provide services and programs to their clients. FFSC arrived at their new location in Bldg. 554, located on the corner of Child and Enterprise Streets, on May 20.

The change in location came about due to poor air quality that existed at FFSC's prior location. Although maintenance and repairs took place regularly, there were no long-term solutions.

"The move was necessary considering we were working in a building that was old, full of mold and mildew, causing the wall paper to literally peel of the wall. The mold and mildew was believed to be the cause of poor air quality. Our staff and clients experienced many respiratory related problems at our previous location, especially those suffering from asthmas," explained David Dunnewold, director, FFSC NAS Jacksonville. "Additionally, the building was a two-story building and it did not comply with the American with Disabilities Act," he added.

The new facility is a handi-capable, user-friendly facility, with easy access for all. Moreover, it now houses training classrooms

fully equipped with computers to better serve its clients.

Dunnewold, who was NAS Jacksonville FFSC chief of Counseling Services in 1981, returned in December of 1996 as its director.

The Navy's Fleet and Family Support Centers were established to help improve the quality of life of all military members, retirees and their families. FFSCs throughout the Navy offer various workshops, programs and services to assist the ever-changing lifestyle of the military member and their family. At one point or another in their career, military personnel and their families pass through the doors of a FFSC.

At NAS Jacksonville, the FFSC offers a variety of classes, workshops and programs to assist and enhance military life. The services include Crisis Response, Deployment Support, Professional Counseling, Life Skills Education and Relocation Assistance, to name a few.

The highly skilled, professionally-trained staff is comprised of 32 civilians, including clinical counselors, one military and eight civilian volunteers. According to Dunnewold, last year the center had approximately 50,000 contacts in support of the military, retirees and their family. Customer services contacts include all phone inquiries, class, workshops, presentation atten-

See: FFSC, Page 8



Photo by Miriam Gallet

Rebecca Boston with the New Parent Support Program sets up her new desk at the Fleet and Family Support Center. The center recently moved into Building 554.

Pausing to remember on Memorial Day



Photo by Staff Sgt. Timothy Hodge

Rear Adm. Jan Gaudio (left), commander, Navy Region Southeast and HM2 Russell Short from Medical Logistics Section at Blount Island Command prepare to salute a Memorial Day wreath placed in front of the Veteran's Wall in downtown Jacksonville on Monday.

INSIDE

| | |
|--------------------------|----|
| Classified | 13 |
| Community Calendar | 10 |
| From The Galley | 10 |
| Helping Hands | 10 |
| Hey MoneyMan! | 2 |
| Jax Sports | 12 |
| Jax Tales | 11 |
| Meet a Civilian | 2 |
| Meet a Sailor | 2 |
| MWR Notes | 11 |
| USO | 11 |
| Veterans News | 2 |

VETERANS: NEWS YOU CAN USE

Keeping you updated on VA benefits

From the Department of Veterans Affairs

The Department of Veterans Affairs recently welcomed one of the U.S. Navy's finest to its staff.

Retired Vice Adm. Daniel Cooper was confirmed and sworn in as the fourth Undersecretary for Benefits. Cooper concluded a 33-year Naval career in January 1991. His last assignment was as the Assistant Chief of Naval Operations for Undersea Warfare.

Cooper is a graduate of the U.S. Naval Academy and Harvard University's Littauer School (now the Kennedy School of Government) with a Master of Public Administration (MPA) degree.

In his message to the Veterans Benefits Administration (VBA), Cooper confirmed his commitment to our nations service-members.

"We in VBA have the privilege to serve and, more importantly, to help real people. As active duty Soldiers, Sailors, Marines and Airmen, these veterans have carried out the many tedious, sometimes difficult, and frequently extremely heroic actions which have ensured that our country and its freedoms are as strong today

as our country's founders envisioned. These veterans now need us...."

He and his wife, Betty, are natives of East Liverpool, Ohio.

Benefits Delivery at Discharge Update

Given the tremendous success of the Benefits Delivery at Discharge Program, it is very important that service-members transitioning out of the military apply early for disability compensation when applicable.

Although application can be made 60 to 180 days prior to date of separation/retirement, appointments for mandatory physical examinations can take up to 60 days. Obviously, this does not allow sufficient time for claims to be adjudicated prior to separation.

Call the NAS Jacksonville office at 573-6312 for further guidance.

Transfer of Entitlement of Chapter 30, MGIB

The National Defense Authorization Act for Fiscal Year 2002 was enacted Dec. 28, 2001. This act permits service-members to transfer up to 18 months of basic educational assistance under the Montgomery GI Bill-Active Duty (MGIB) to a spouse, to one or more of the individual's children or to a combination of the above.

Individuals allowed to transfer entitlement are those who, after approval by the service secretary concerned: (1) have completed six years of service in the Armed Forces and (2) either have a critical military skill designated by the secretary for transferability purposes; or are in a military specialty designated by the secretary concerned for transferability purposes as requiring critical military skills; and (3) enter into an agreement to serve at least four more years as members of the Armed Forces.

Restoration of Entitlement

The Veterans Education and Benefits Expansion Act of 2001, enacted Dec. 27, 2001, restores educational assistance entitlement under the MGIB-active duty, the Veterans' Educational Assistance program (VEAP), the Survivors' and Dependents' Educational Assistance program (DEA), and the Chapter 31 program for any service-members, reservists, or DEA recipients called to active duty during Operation Enduring Freedom and at any time in the future. The effective date is Sept. 11, 2001.

For more information on VA benefits, call the NAS Jacksonville VA office at 573-6312. The office is located in Bldg 590, Room 110.

Pentagon visitor pops in

The Honorable Hansford Johnson, Assistant Secretary of the Navy for Installations and Environment (middle), greets Rear Adm. Jan Gaudio, commander, Navy Region Southeast and Capt. Mark Boensel, NAS Jacksonville commanding officer, during his visit here to discuss installation and environmental issues last Friday.



Photo by JO2 Mike Jones

Atlantic Fleet master chief offers thoughts, views on Navy's future

By MMCM(SW) Buck Heffernan
Fleet Master Chief

Now that I've been on the job as your Fleet master chief for a couple of months, I would like to take this opportunity to share some of my thoughts about how I view my job, and my responsibilities to you ... the Atlantic Fleet Sailors.

I plan to meet as many of you as possible as I travel throughout the Fleet, and also to address you in this forum as often as possible.

First, let me provide you

some background on myself and my career. I'm a native of Alabama, and enlisted in 1971. After boot camp and Machinist's Mate "A" school, I was assigned to the pre-commissioning crew of USS Nimitz.

After five years aboard Nimitz, I transferred to the pre-commissioning crew of the nuclear-powered cruiser USS Mississippi.

I got out of the Navy in 1979, but kept my military ties, first with the Naval Reserve, then with the Alabama National Guard, and returned to active duty in 1981.



MMCM(SW) Buck Heffernan

In 1983, while stationed at SIMA Mayport, I had the great honor to be selected as Atlantic Fleet Shore Sailor of the Year. Now, as I oversee the Fleet's Sailor of the Year program, I do so with the unique perspective of a past recipient, and fully understand and appreciate the significance of this honor to the individual Sailor. I made chief on the guided missile destroyer USS Dahlgren in 1983, then senior chief during my

next tour aboard the cruiser USS Harry E. Yarnell. I made master chief during my next tour, as a recruiter in Shelby, N.C., was selected for the Command Master Chief (CMC) program in 1991 and began five consecutive afloat tours as a CMC: USS Gunston Hall, USS Shreveport, USS Nassau, USS Dwight D. Eisenhower and finally, the pre-commissioning crew of the newest aircraft carrier Ronald Reagan.

Sailors frequently ask me what is the key to succeeding in the Navy. There is really nothing complicated about it. Don't be afraid to take on the hard jobs, at sea whenever possible, and excel at them. Sustained superior performance at sea has been, and still is, the key to advancement.

Get your warfare qualifications at the earliest possible opportunity, and pursue off-duty education whenever you can.

Always strive for im-

provement, as a person and as a Sailor. One avenue for self-improvement is reading, and that's something I do as often as possible and encourage you to do the same.

Check out the January edition of "All Hands" magazine ... it contains the latest edition of the MCPON's suggested reading list.

I believe this is a great time to be in the Navy. We are facing tremendous challenges throughout the world, and the importance of our mission is clearly defined.

I believe that our Naval leadership is visionary, focused on the future and

ready to act. Our Chief of Naval Operations, Adm. Vern Clark, knows what we need to accomplish our mission, and is also committed to doing what is best for you ... our Sailors.

My boss, Adm. Bob Natter, is a great leader as well, and works tirelessly to make sure that we have what we need to go about our business of defending our nation.

As I travel about the fleet, I will be meeting many of you, and I encourage you to tell me your ideas for how we can continue to grow and improve as a Navy. Stay tuned for more in my next letter.

HEY MONEYMAN!

Hey, MoneyMan!

I am a 20-year-old E-3. I just checked into NAS and went through INDOC. Some guy came and talked to us about saving for retirement. I can barely pay my regular bills and I really don't have any money left over.

Besides, I intend to stay in the Navy and I will get a retirement check for life. Shouldn't these lectures about retirement be given to those retiring? I don't have time for that stuff right now.

MoneyMan Sez:

Yep! Happens every day. Some old goat comes in and tells you how to live your life. Try this little test. Go talk to 20 chief petty officers and see if you can find one who will say he or she started planning for retirement too soon. Most of them will say they started too late.

Although your military retirement is a good plan, it is not designed to "stand alone" in maintaining your lifestyle at the time you retire. It must be augmented. The sooner you start saving and investing, the better. For example, if you invest just \$50 per payday in a Roth IRA and get a 10 percent average return, you will have around \$240,000 in savings when you have 30 years in service.

That means you will have around \$2,000 extra per month, tax free, to add to your retirement. Waiting 10 years to get started means you will have to wait 10 years for the investment return. The best time to start your investment plan was when you were born. The next best time is now!

More questions? Call Hey, MoneyMan at 778-0353.




Sunday Services at the Base Chapel

You are invited to the following Chapel Worship Services this Saturday and Sunday:

Saturday 5 p.m. - Catholic Mass
Sunday 8:30 a.m. - Protestant Communion
9:30 a.m. - Catholic Mass
11 a.m. - Protestant Worship

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-noon.



Meet A Sailor ...

IT2 FATIMA CRESPO

Job title/command:
LAN Administrator, VP-62

Hometown: Palos Hills, Ill.


Family Life: Married

Past Duty Stations: None

Career Plans: To be accepted and complete the Medical Enlisted Commissioning Program and become a nurse.

Most Interesting Experience: Leaving home to join the Navy and meeting people from all over the country.

Words of Wisdom: Never let other people define who you are or what you can accomplish.



Meet A Civilian...

TERESA CULP

Job title/command:
Management Analyst, NAS Jax

Hometown: Summerville, S.C.

Family Life: Two daughters

Past Duty Stations: Navy Public Works Center, Jax, Charleston Zone

Career Plans: Ask me in six months.

Most Interesting Experience: Moving for the first time in my life.

Words of Wisdom: Keep positive.

Jax Air News

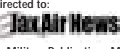
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The **Jax Air News** is published by The Florida Times-Union, a private firm in no way connected with the U. S. Navy under exclusive written agreement with the U. S. Naval Air Station, Jacksonville, Florida. It is published every Thursday by The Florida Times-Union, whose offices are at 1 Riverside Ave., Jacksonville, FL 32202. Estimated readership over 32,000. Distribution by The Florida Times-Union.

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Employee suggestions recognized through NADep's VISON Program

By Susan Brink
Public Affairs Specialist, NADep Jax

On April 23, Capt. Karl Yeakel, commanding officer, Naval Air Depot Jacksonville (NADep Jax) recognized three Depot employees through the Valuable Ideas Save Investments Of NADep (VISION) Program.

Roddrick Thomas, electronics mechanic, received recognition for suggesting the replacement of the bearings in failed Rotron fan units as an interim solution to a material shortage.

Thomas noticed that the fan overheating due to the failure of the ball bearings might have caused further component damage to the Tubeaxial Cooling fan.

The bearing replacement increased repair reliability and product quality, thus preventing premature component failures and resulted in a savings of nearly \$40,000.

Andrea Gottshalk, pneumatic systems worker, received recognition for developing a new rework procedure for high-pressure relief valves on turbine driven boost pumps.

This procedure substantially reduces leakage of the pumps, thus preventing component failure during the leakage test procedure.

By cleaning the sealing surface prior to assembling the unit, has resulted in saving approximately \$100,000 annually.

Thomas McCarragher, engineering technician, received recognition for recommending the storage of production manufacturing orders, Temporary Engineering Instructions, and other flight critical documents using scan technology.

His suggestion was instrumental in paving the way for the process that began in March 2001 of scanning/digitizing many NADep documents and



records throughout the Depot.

This idea provides safer storage, reduces space requirements, and allows for effective retrieval of electronic records.

Yeakel commended the three recipients of the VISION awards and applauded them for their efforts to improve quality, productivity, and economy at NADep Jax.



Photos by Victor Pitts

From top left clockwise: Capt Karl Yeakel, commanding officer, Naval Air Depot, Jacksonville congratulates Roddrick Thomas, Thomas McCarragher and Andrea Gottshalk for their suggestions through NADep's VISION Program.

Military recognized during ceremony at NADep

By Susan Brink
Public Affairs Specialist, NADep Jax

On May 1, Commanding Officer Capt. Karl Yeakel, Naval Air Depot Jacksonville (NADep Jax), recognized several of the Depot's active-duty military.

All of the Depot's military members and reservists were present for the ceremony. As Executive Officer Capt. David Beck read several citations, the CO congratulated all of the recipients recognized for their past and present accomplishments.

AOC Brian Flinn received a Certificate of Appreciation from the United Service Organization (USO) for his assistance and coordination in sending a team that volunteered for "Paint The Town" on April 17.

Flinn and five other military members from the Depot worked for eight hours scraping, caulking, and priming two houses that will be painted this month. This was one of the several volunteer projects they support every year.

Letters of Appreciation (LOA) were presented

for the professionalism displayed in the planning, coordinating, and flawless execution of the NADep Jacksonville's 33rd Change of Command Ceremony held on Jan. 25.

Recipients were: Cmdr. Ron Bethmann, Cmdr. Christopher Rice, Lt. Cmdr. Brent George, Lt. Cmdr. JoAnn Walker, Lt. Cmdr. Louis Vanleer, Lt. Cmdr. Dennis Sacha, Lt. Darren Sweet, Lt. j.g. David Littleton, AOC Brian Flinn, AM1 Alfonso Vasquez, AM2 John Jensvold, AK2 Malcolm Jeffcoat, PR1 Robert Colgan, and YN1 Larry Brown. The CO also presented each of them with a NavAir coin and personally thanked them for a job exceptionally well done.

Three Navy and Marine Corps Commendation Medals (NCM) were presented. AMCS Jeffery Abbey received a gold star in lieu of a third NCM from Commander, Cruiser Destroyer Group Two while serving as the quality assurance supervisor and maintenance chief in Helicopter Antisubmarine Squadron 15 from December 1999 to May 2001.

Lt. Cmdr. Terry Hart received a gold star in

lieu of a third NCM from Commander, Patrol and Reconnaissance Force Atlantic while serving as mission commander, training officer, assistant administration officer and aircraft division officer for Special Projects Patrol Squadron One from July 1999 to October 2001.

Lt. Cmdr. Brent George received a gold star in lieu of a second NCM from Commander, Naval Air Warfare Center, Aircraft Division while serving as the aviation safety officer, project officer, and test naval flight officer, Naval Strike Aircraft Test Squadron and as airborne systems flight test instructor, United States Naval Test Pilot School, Naval Test Wing Atlantic, Naval Air Warfare Center Aircraft Division, Patuxent River, Md., from July 1999 to October 2001.

In a separate ceremony, the CO presented Cmdr. Anthony Hankins with a gold star in lieu of a fourth Meritorious Service Medal from Command, Naval Air Systems Command, Patuxent River, Md., while serving as director of the Quality and Production Office for NADep, Jacksonville from August 2000 to April 2002.

Local club off-limits to military

In light of recent events, Club Evolution located at 8159 Arlington Expressway in Jacksonville, is temporarily off-limits to all service members.

Violation of this order is punishable under the UCMJ.

For information call Eileen Waddings, CNRSE Legal Office at 542-4026.



HS-11's Lt. Bryan Peeples explains various components to the cockpit for visiting students.

Photo courtesy of HS-11

Future sailors visit HS-11

By Lt.j.g. Teresa Ferry
HS-11 PAO

Helicopter Antisubmarine Squadron (HS) Eleven met with the future of the Navy earlier this month when students from St. Johns Country Day School and Florida Youth Academy toured our spaces.

The students started their day with a welcome aboard and were then shown videos and pictures of the World Famous "Dragonslayers" in action during Operation Enduring Freedom.

The highlight of the day was the SH-60F static display where students were able to explore the helicopter cockpit and cabin.

Three of HS-11's aircrewmembers, AW2 Stacy Valdez, AW2 Thomas Buford, and AW3 Lance Crego showed the students all the

flight and swimmer gear they use to perform a successful search and rescue.

They also discussed the techniques used to calm victims and secure them in the rescue strop.

The students from St. John's were then treated to a tour of the NAS Jacksonville Air Control Tower. The students were able to see how air traffic controllers direct all the aircraft within the NAS Jax airspace.

To finish their day here, students from Florida Youth Academy went to the base marina for some fun and relaxation before heading back to their school at Camp Blanding.

Overall the students were impressed with the workings of an HS squadron, and we were impressed with the future of our Navy.

Jax Air News

Don't Miss An Issue! Pick Us Up Every Thursday!

Reserve Seabees get technical training

By JOC(AW) Suzanne Speight
NMCB-14

After ten years in the waiting, and more than a year of planning, Naval Mobile Construction Battalion FOURTEEN recently completed a two-week technical training evolution at CBC Gulfport, with more than 225 Reserve Seabees attaining skills in everything from electric power distribution systems to basic rescue to crane safety.

FOURTEEN is a reserve battalion headquartered out of NAS Jacksonville, part of the Third Naval Construction Regiment. More than 700 reserve Seabees drill in the battalion's ten detachments, which are located throughout the southeastern United States, stretching from Charleston, S.C. to Miami, Fla. to Roosevelt Roads, Puerto Rico.

According to Cmdr. Charles Fanshaw, FOURTEEN's commanding officer, the time was right for this type of training evolution. "For the past ten years, the focus has been on military skills attainment. As far as our technical skill training, we have sent small groups or single individuals, but nothing on a large scale such as this," he says. "As a result, nearly two-thirds of our people had never been to technical training schools. So when the opportunity came up last year to plan for a major technical training evolution, we knew the time was right."

Battalion Training Officer, Lt. Patrick Upshaw, says planning for the evolution began more than a year ago. "Last year, we looked at our overall training picture," he says. "From a readiness standpoint, we targeted some specific skills, some deficiency areas. We worked with the 20th Naval Construction Regiment to provide the training." Upshaw says that that once the course completion numbers are calculated, he expects to see the unit's mobilization readiness percentage increase.

Fanshaw points out that, in a unit that covers such a diverse area, the opportunity to come together for a battalion evolution also has intangible benefits that can't be measured in numbers.

"From my perspective, the opportunity to interact with other Seabees in the battalion is one of the biggest bonuses inherent in the type of evolution," he says. "For someone from our Augusta, Ga. detachment, for example, to get to meet and work alongside their shipmates from the Roosevelt Roads, Puerto Rico detachment, that experience is invaluable. If we were to be mobilized, those relationships formed on an evolution such as this, will be critical."

FOURTEEN's manning has increased every year for the past several years, and



Photo by JO2 Christine Hannon

CM2 Luis DeJesus works with an instructor from the 20th Naval Construction Regiment during a two-week course on combat field communications. The two-week course was part NMCB-14's technical training annual training.



BU2 David Moffett completes his final exam on the Cretemobile, a mobile concrete mixer. Moffett was one of 225 reserve Seabees from NMCB-14 who recently attended technical training schools at Construction Battalion Center Gulfport, Miss. for the unit's annual training.

the majority of the unit's troops are new to the Seabees. "So it's really about more than just going to class," he says. "It's about the chance to get the experience of a Seabee homeport base, that's something you can't get just anywhere."

CMCN Jason Sztuba, who has been with the battalion for less than a year, agrees. "I think being here has given me a new insight on what the Seabees are all about, so it's definitely been about more than just attending classes," he says. Sztuba attended a class in Combat Communications. HM1 Kenneth White, from FOURTEEN's Jacksonville, Fla. detachment, attended Disaster Recovery Training. "I think the instructors were great, they had real field experienced in disaster recovery operations," he says. "I think this was a great opportunity to refresh my skills, and to learn something new. It was great hands-on experience."

Nearly 20 different training courses were offered during the two-week evolution, including in-rate training for each Seabee rating, as well as specialized training for support ratings such as Storekeeper and Mess Specialist.

"The great training, coupled with the chance to interact with others from the battalion, will ultimately result in more motivated, better prepared Seabees. That's something you can't calculate on a readiness report."

Navy's newest reserve MACS



Photos by Miriam Gallet

MACS Michael Sommer (center) is pinned by MACM Tom Peal (left), NAS Jacksonville Security Department and NAS Jacksonville Commanding Officer Capt. Mark Boensel at a ceremony held on May 22. Sommer, a Naval Reservist was mobilized after the Sept. 11 incident. He is one of only four reserve MACS's to be promoted this year. When not on active duty, he serves with the Florida Fish and Wildlife Conservation Commission.



Naval Reservist MACS David Caldwell (center), NAS Security Department, is all smiles as he joins the ranks of senior chief petty officer at a ceremony held on May 22. Pinning his collar devices are: MACM Tom Peal, NAS Jacksonville Security Department (left) and NAS Jacksonville Commanding Officer Capt. Mark Boensel. Caldwell was mobilized to active duty immediately after the Sept. 11 incident. He has the distinction of being the number one pick out of four promoted to MACS by the Navy Reserve this year. When not on active duty, Caldwell works for the Orange County Police Department.

Supply officer gets wings



Photo by Miriam Gallet

Capt. Tim Freihofer (left), supply officer, Commander, Naval Air Force, U.S. Atlantic Fleet and NAS Jacksonville Commanding Officer Capt. Mark Boensel present the Naval Aviation Supply Officer Wings to Cmdr. Karen Fallon, supply officer, NAS Jacksonville at a ceremony held on May 22.

Sailors pack household goods with ease

From FISC

Ease and convenience has been extended to Navy service members and their families as they can now arrange their household goods move over the Internet.

SmartWeb Move, a user-friendly, web-based program sponsored by the Naval Supply Systems Command (NAVSUP) is available to Sailors 24-hours a day, seven days a week, from the comfort of their home, work or anywhere they have Internet access.

It is the first interactive program in the Department of Defense (DoD) to provide tailored entitlements, counseling and household goods move applications online.

SmartWeb Move is designed to service routine moves and simple entitlements based on Permanent Change of Station (PCS) orders.

Currently, it serves Sailors and their families who have PCS orders to a new duty station, homeport, home of selection or home of record within the Continental United States.

The new program is easy to use.

Users simply fill out an on-line questionnaire to receive a report of entitlements available to them. The system also allows members to fill out all necessary forms, arrange their household goods move, choose pack and move dates, and submit the forms to their Personal Property Office via the Internet.

SmartWeb Move eligibility is based on member's orders and the types of property they will be moving.

For more information on using SmartWeb Move, contact the Jacksonville Personal Property Office at 542-1000, Extensions 102, 103, and 105.



Photo by JO2(SCW) Eric Clay

Sailor re-ups high in the sky

PWC's Lt. Cmdr. Settler delivers the oath of enlistment to BU2 Mike Martin of NAS Jacksonville's Self Help. Martin re-enlisted on top of a three-story watch tower which he helped build. The 90-day construction project brought together forces from the Marines and the Navy.

NavHosp JAX

Nurse Corps celebrates 94th year

Director visits, helps celebrate

By HM3 Christina Helms
Naval Hospital Jacksonville Public Affairs

The 20th Director of the Navy Nurse Corps, Rear Admiral Nancy Lescavage, honored Naval Hospital Jacksonville with a visit last week as the hospital celebrated the Corps' 94th Birthday.

During her stay, Lescavage toured the Naval Hospital, and Branch Medical Clinics Mayport, and Kings Bay. She participated in two promotions, a retirement and conducted an Admiral's Call.

At the Admiral's Call, she answered questions and explained her priorities for the Nurse Corps. She formally challenged the Nurse Corps to maintain its commitment to professional development. She said she believes that "strengthening the individual, improves the group and moves the organization forward."

Another priority Lescavage

emphasized is leadership. She said, "Strong leadership is a valuable part of mission success and ensuring subordinates are happy, healthy and well-educated is what drives and enables the military to excel."

Admiral Lescavage said it is too easy to assume that someone else will shoulder the responsibility. "Approach each new challenge as if it is your responsibility to see it to completion," she said.

Lescavage completed the Admiral's Call by quoting United States Secretary of State Colin Powell, "Have fun in your command. Don't always run at a breakneck pace. Take leave when you've earned it, spend time with your families. Surround yourself with people who take their work seriously, but not themselves."

HM1 Gordon Edwards, an aerospace medicine technician at Naval Hospital Jacksonville's Branch Medical Clinic aboard NAS Jacksonville, pleasantly surprised Lescavage during her visit. Edwards' initial duty station was Naval Regional Medical Center Philadelphia where he served under the guidance of then Lt. Cmdr. Nancy Lescavage some 22

years ago. Edwards attributed his dedication as a corpsman to Lescavage saying, "She gave me a push in the right direction and made me a better corpsman."

On Friday evening, the admiral was the guest of honor and keynote speaker at the Nurse Corps Birthday Ball held at the Omni Hotel in downtown Jacksonville. During her speech, Lescavage praised the Naval Hospital and its nurses for their hard work and strong devotion to duty. "Naval Hospital Jacksonville is the best of the best," she commented. Lescavage encouraged the group of nurses to carry on the proud tradition of Navy Nursing and to remember to always keep their patients at the center of what they are doing.

After her speech the Navy Nurse Corps of Jacksonville presented Admiral Lescavage with a plaque of thanks for the work she does to better Navy Medicine. Lescavage's visit was encouraging to nurses of all experience levels. Lt. Melissa Mathurin commented on how "dynamic and inspiring" Admiral Lescavage is and that it's an honor to have her visit Naval Hospital Jacksonville.

Director, Navy Nurse Corps Rear Adm. Nancy Lescavage takes questions at an Admiral's Call aboard Naval Hospital Jacksonville.



Photo by HM2(SW) Michael Morgan

World to celebrate No-Tobacco Day tomorrow

From NavHosp Jax Public Affairs

The World Health Organization (WHO) has designated "Tobacco-Free Sports—Play It Clean" for this year's World No-Tobacco Day, May 31.

This year's theme is intended to raise awareness about the dangers of tobacco use, to heighten concern about the marketing and advertising of tobacco products through sports, and to promote participation in sports and physical activity as a healthy alternative to tobacco use.

By 2030, tobacco use will cause an estimated 10 million deaths each year worldwide.

Because sports have a universal appeal, WHO and CDC are collaborating to encourage tobacco-free policies and health promotion activities at sporting events worldwide.

In 1986, the Federation Internationale de Football Association (FIFA) stopped accepting tobacco advertising or sponsorship for the FIFA World Cup. The International Olympic Committee's (IOC) tobacco-free

Olympics tradition began at the 1988 Winter Olympic Games in Calgary. Since then, all Olympic Games have been smoke-free.

In February 2002, CDC and WHO, in collaboration with the IOC, evaluated the smoke-free policies of both the IOC and the 2002 Salt Lake City Organizing Committee for the Olympic Winter Games. An on-site assessment by CDC found high levels of awareness of, and compliance with, the Olympic policies among athletes, journalists, and spectators. Approximately 75 percent of

those who responded to the assessment survey thought the IOC should require all of the bidding cities for the Olympic Games to implement a tobacco-free policy (CDC, unpublished data, 2002).

The 2002 FIFA World Cup begins May 31 in Seoul. To ensure that athletes and visitors at this event have a smoke-free environment, WHO and CDC worked with FIFA on a tobacco-free policy. The tobacco-free sports theme also will be highlighted at the American College of Sports

Medicine's annual meeting in St. Louis, which will be held in conjunction with IOC's Sports Science Congress, May 28–June 1, 2002.

Additional information about World No-Tobacco Day 2002 is available from WHO at <http://tobacco.who.int> and from CDC at <http://www.cdc.gov/tobacco>, telephone 800-232-1311.

If you would like to become tobacco-free, Naval Hospital Jacksonville's Wellness Center can help. Call 542-5292, Ext. 10 for more information.



Your Base!
Your Opportunity!
Help Keep It Clean!

FEEDING THE MASSES



Military and civilian members enjoy the fresh fruits and vegetables available at the Galley salad bar.

Galley's key ingredients: Customer service, quality meals, clean

By JO3 Jackey Bratt
Staff Writer

Feeding up to 1,300 Sailors daily, the staff attached to the NAS Jacksonville Galley go through extensive and extreme measures to ensure nutritious and delicious meals are served, and a clean work environment is exemplified daily.

Being in the bakery at 4 a.m. to guarantee a command's cake has its cutting edge and creative style, or cleaning the scullery three hours past serving the last meal is no problem for the galley staff. These Sailors perform their job flawlessly.

"Our galley has had an exceptional record of absolutely no food contamination outbreaks or environment uncleanness," said MSC(SW) Jennifer Littles, Leading Chief Petty Officer (LCPO), NAS Galley.

Approximately 20 staffed Mess Management Specialists (MS) are divided into port and starboard watches. They divide the days and fill the roles as watch captain, assistant watch captain, and cooks on watch. There are three permanent job roles as, speedline personnel, bakeshop staff, and vegetable prep staff. There are also staffed civilians who serve, re-stock containers, and clean cooking grills.

The Speedline is designed to make the meals quick and easy for Sailors on the go. Hamburgers and hotdogs usually fill the meal bins at the Speedline.

There is the Mainline for Sailors who desire a cuisine. Box meals are available with a three-hour advance request. Two salad bars are set up on each side of the serving lines. There are televisions set up viewing pleasure while dining also.

Watch Captains, MS1(AW) Donna Bethke and MS1(SW) Anthony Bailey lead by example.

"Being able to serve our customers with quality food and making the meal as pleasant as possible is what matters," said Bethke.

Bethke teaches junior MS's about the importance of following sanitary guidelines when preparing food, as well as delivering the meals as ordered through a food guide.

"We use meal measuring cards and follow them to avoid any overuse of ingredients or food disasters," she said, "Instead of deciding how much sugar, flour or salt we want to use, there is a card there to decide for you."

Constantly under inspections for satisfactory sanitary conditions, maintaining a clean work environment is imperative to the galley. "Cleaning your workstation as you go is vital to keeping a sanitary environment," said Bailey.

Recognized for their hard work, the galley received a three-star rating from Rear Adm. Justin McCarthy, Commander, Naval Supply Systems Command and Chief of Supply Corps.

MSC(SW) Littles puts the menu together weeks in advance and always recognizes the nutritional value before designing the menu. "A balanced meal is an essential to achieving stellar physical readiness," said Littles, "it is important to design a menu with that in mind," she concluded.

Breakfast is served Mon. through Fri. beginning at 6 a.m., lunch starts at 11 a.m., and dinner is from 4:30 p.m. until 6 p.m.

Weekends adhere to a holiday routine schedule.



MS3 Shantisa Rose and MSSN Orlando Esson deep fry eggrolls and prepare egg-foo yong.



The fruit and vegetable bar is a popular stop. MSSA Rebecca Roberts and Cathy Mims, food services specialist, ensure that it stays full.



Master Baker MS2 Eddie Brothers decorates a cake for VP-5's change of command ceremony on May 24. Early that morning, Brothers decorated four cakes for re-enlistment and retirement ceremonies.

More photos on Page 7

FEEDING THE MASSES



Photos by Miriam Gallet



Visiting Air Force Master Sgt. Lonnie Teague from Scott Air Force Base, enjoys a meal at the NAS Galley.



Professionally-trained baker, MS2 Eddie Brothers, proudly displays his homemade rolls.



Escorted by JO2(SW) Cliff Williams, CNRSE public affairs, children and chaperons from the Department of Children and Family Services enjoy lunch at the galley after touring NAS Jacksonville.

MSSN Christopher Torrentes prepares sweet and sour chicken to be cooked with the fruits and vegetables.

Public Works releases water quality report

From Public Works Center Jacksonville

The Navy Public Works Center Jacksonville (PWC Jax), Water Utilities Division, Code 630, Building 103, NAS Jacksonville is your water utility service provider.

We're very pleased to provide you with this year's Annual Water Quality Report. It is our way of keeping you informed about the excellent water and services that we have delivered to you over the past year. Our goal is and always has been, to provide to you a safe and dependable supply of drinking water. We ensure this high standard by tapping into a water source of four deep wells which draw from the Floridian Aquifer.

We are pleased to report that our drinking water meets federal and state requirements. For further information or questions concerning this report or PWC Jax Water Utility Division that serves you, it is requested that: Navy on-base housing residents first contact their Station Housing Office and activity employees should first contact their safety or environmental offices. All questions will be answered through your activity or directly with the customer.

In addition, Navy personnel who live in private residences can also contact PWC Jax for general questions on water quality or to understand the information provided in other utility Consumer Confidence Reports.

To contact your water utility, please contact Fred Burns, PWC Jax Water Utilities director at 542-3991, Ext. 630.

PWC Jax routinely monitors for contaminants in your drinking water according to federal and state laws. This table shows the results of our monitoring for the period Jan. 1 to Dec. 31, 2001. As water travels over the land or underground it can pick up substances or contaminants such as microbes, inorganic and organic chemicals, and radioactive substances.

All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It's important to remember that the presence of these contaminants does not necessarily pose a health risk. As authorized and approved by the Environmental Protection Agency (EPA), the state has reduced monitoring requirements for certain contaminants to less often than once per year because the concentrations of these contaminants are not expected to vary significantly.

cantly from year to year. Some of our data: inorganic contaminants, unregulated contaminants, volatile organic contaminants, radiological contaminants and lead and copper contaminants, though representative, is more than one year old.

In this table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Non-Detects (ND) - laboratory analysis indicates that the constituent is not present.

Parts per million (ppm) or Milligrams per liter (mg/l) - one part per million corresponds to one minute in two years or a single penny in \$10,000.

Parts per billion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

Picocuries per liter (pCi/L) - picocuries per liter is a measure of the radioactivity in water.

Action Level (AL) - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal - The "Goal"(MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Not Applicable (N/A) - No value limit or restriction has been applied to this particular parameter.

As you can see by the table, our system had no violations. We're proud that your drinking water meets or exceeds all federal and state requirements.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

(A) Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

(B) Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

(C) Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.

(D) Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.

(E) Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

| Test Results Table – NAS Jacksonville | | | | | | | |
|---|-----------------------------|-------------------------------|------------------------|-------------------------------|------|-------------------|---|
| Contaminant and Unit of Measurement | Dates of sampling (mo./yr.) | Radiological Contaminants | | | MCLG | MCL | Likely Source of Contamination |
| | | MCL Violation Y/N | Level Detected | Range of Results | | | |
| Alpha (pCi/l) | 9&11/99 | N | 2.7 | 1.9-2.7 | 0 | 15 | Erosion of natural deposits |
| Inorganic Contaminants | | | | | | | |
| Contaminant and Unit of Measurement | Dates of sampling (mo./yr.) | MCL Violation Y/N | Level Detected | Range of Results | MCLG | MCL | Likely Source of Contamination |
| Fluoride (ppm) | 9&11/99 | N | 0.5 | 0.42-0.5 | 4 | 4 | Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories |
| Sodium (ppm) | 9&11/99 | N | 9.8 | 9.1 – 9.8 | N/A | 160 | Salt water intrusion, leaching from soil |
| Note: The result in the Level Detected column for TTHMs is the highest of the four quarterly running annual averages of results from all sampling sites. The quarterly running annual averages were calculated during the first, second, third, and fourth quarters of 2001 | | | | | | | |
| Contaminant and Unit of Measurement | Dates of sampling (mo./yr.) | Total Trihalomethanes (TTHMs) | | | MCLG | MCL | Likely Source of Contamination |
| | | MCL Violation Y/N | Level Detected | Range of Results | | | |
| TTHM [Total Trihalomethanes] (ppb) | 1/2001 | N | 39 avg | 35 – 43 | N/A | 80 | By-product of drinking water chlorination |
| Volatile Organic Compounds (VOCs) | | | | | | | |
| 1,2,4 Trichlorobenzene (ppb) | 11/99 | N | 0.73 | ND – 0.73 | N/A | 70 | |
| Contaminant and Unit of Measurement | Dates of sampling (mo./yr.) | AL Violation Y/N | 90th Percentile Result | No. of sites exceeding the AL | MCLG | AL (Action Level) | Likely Source of Contamination |
| Copper (tap water) (ppm) | 10/99 | N | 0.617 | 0 of 65 sites | 1.3 | 1.3 | Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives |
| Lead (tap water) (ppb) | 10/99 | N | 3.3 | 2 of 65 sites | 0 | 15 | Corrosion of household plumbing systems, erosion of natural deposits |

ble health effects described for many regulated constituents, a person would have to drink two liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

In our continuing efforts to maintain a safe and dependable water supply it may be necessary to make improvements in your water system. The costs of these improvements may be reflected in the rate structure. Rate adjustments may be necessary in order to address these improvements.

Thank you for allowing us to continue providing your family with clean, quality water this year. In order to maintain a safe and dependable water supply we sometimes need to make improvements that will benefit all of our customers. These improvements are sometimes reflected as rate structure adjustments.

Some people may be more vulnerable to contaminants in drinking water than the general population.

Immuno-compromised persons such as persons with cancer undergoing chemo-therapy, persons who have undergone organ transplants, people with HIV/ AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections.

These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline 1-800-426-4791).

FFSC: Fleet family center moves into new home

From Page 1

dees and one-on-one contacts with staff.

Professional counselors at FFSC can assist those in need by helping them through personal or family issues. By talking to a trained counselor, a person can gain a new perspective, confront difficult family issues and brainstorm alternatives to dealing with many crisis. Balanced, healthy relationships among family, friends and co-workers are proven to assist military members deal with every day challenges, therefore, enhancing Fleet readiness.

One of several thriving

programs at the FFSC is the New Parent Support Program. Rebecca Boston, home visitor for the program, explains that the program is available to teach new parents how to care for their new infant and relieve the stress that is sometimes associated

with the arrival of a new born.

When asked what was the best part of her job, Boston replied, "Too many things. This is the best job in the world. I get to help the military or family members out in all kind of situations. Sometimes it is

short-term, other time is long-term. Our New Parent Support Program impacts the whole family. And sometimes we stay with the family up to five years."

The FFSC staff, along with the various activities' chaplains and command

master chiefs work in tandem with the medical staff at the Naval Hospital to collectively provide immediate counseling assistance in response to any crisis situation.

According to Dunnewold, an official open house and ribbon-cutting ceremony

will take place in June.

The hours of operation for FFSC are Monday through Friday from 7:30 a.m. to 4 p.m.

To learn more about the services offered and eligibility requirements, stop by their new offices or call 542-2766.

MWR auto shop makes equipment available for do-it-yourself mechanics

By JO2 (SCW) Eric Clay
Staff Writer

As the climbing cost of automotive repair continues to rise, NAS Jax's MWR's Auto Hobby Shop is there to help with this problem.

The shop has many tools, books, machines and resources to eliminate the need to pay a mechanic for the simple repairs needed to keep a vehicle running safe on the road.

Many people think that they don't have the knowledge to repair their own vehicles. On hand at the Auto Hobby Shop, there are technical manuals for most makes of cars and models. There is also a computer program called All Data to assist with the knowledge needed to do car repairs.

The shop also offers a simple auto repair class on the third Thursday and Friday of every other month from 6-8 p.m. both days. This class is open to all active duty military, retired military, DoD and family members over the age of 16. There is no fee charged for these classes.

Frank Laidler, a certified mechanic is also on hand to lend his knowledge and assist with the different types of machines that the customers may not know how to use properly. He is responsible for running the air-conditioning and the engine diagnostic testing machines.

Other machines available for use are a tire balancer, tire changer, hydraulic press, a welding machine and a paint booth.

Several members of the First Lieutenant's Division work at the shop to assist with tools and to ensure safety precautions are being adhered to.

Before a customer is allowed use of the Auto Hobby Shop they must first acquire a shop card. The customer is required to take a 25-true/false-safety test to make sure he understands the safety regulations. Once they have passed the test, the customer is permitted to use all the available tools and equipment in the shop. There is no fee for taking the test or for the shop card.

Keeping repair costs affordable to the military is one of the prime objectives of the shop. Stall fees are \$1.50 an hour and \$10 a day. Lift charges are \$2.50 an hour and \$20 a day. Six lifts and 20 ground stalls are available for customers.

The shop also disposes tires, anti-freeze and oils. There is a fee of \$1.50 per tire that is disposed. They do not dispose of gasoline



Fireman Samuel Mird and Fireman Frank Davis are always on hand to hand out tools and lend assistance.



Lt. Cmdr John Benn (left) of TSE-574 reserve unit tightens the lug nuts on his car as he completes a tire change.

VP-30's Airman Nathaniel Wellman (below) adjusts the clamps on his exhaust system.

or diesel products.

Because the shop does not sell any parts, they usually send patrons to the Navy Exchange for parts. "Unfortunately, we do not have retail services at the shop, but we suggest the Navy Exchange or we will call out in town to two civilian companies that we recommend for customers, so that they can have parts delivered to the shop for their convenience," explained Paul Schlegel, Auto Hobby Shop cashier.

The Auto Hobby Shop is open on Monday, Thursday, and Friday from noon to 8 p.m. and Saturday and Sunday from 9 a.m. to 5 p.m. They are also open on holidays from 9 a.m. to 3 p.m. The shop is closed on Tuesdays and Wednesdays.

The Auto Hobby Shop is also responsible for the Control Auto Resale Lot and the RV Park. The lot is available for all active duty military, DoD and retired military. There is a \$15 fee for active duty and retirees. The fee for DoD is \$20. In order to use the lot, the customer must have a valid ID, registration, proper insurance and a valid driver's license. Only the owner of the vehicle can register it on the control lot.

To insure that your vehicle can be put on the lot, you should call the Auto Hobby Shop as soon as possible because there is a



waiting list. "Once a customer puts a request into the shop for their vehicle to be sold on the lot, their name is added to a log. The placement of a vehicle is on a first come, first serve basis. We will notify the person once a spot opens up," said Schlegel.

The RV Park is also maintained by the Auto Hobby Shop. The members of the shop maintain the grounds and take the reservations and trouble calls. The RV Park has 28 full hook-ups that include water, electric and sewage. There is also a bathhouse on the grounds with showers and washer/dryer units. The cost for the RV Park starting July 1 will be \$12 a day. Reservations for the park can be made 60 days prior to arrival.

For more information on the Auto Hobby shop, the Control Resale Lot or the RV Park call 542-3227.



HabiJax Crew Leader Stephanie Boegeman (right) gives the HSO crew a safety brief prior to beginning work.

HSO Sailors lend hands to build HabiJax house

By JOC Bill Austin
Naval Healthcare Support Office

Sailors from the Hospital Support Office (HSO), based aboard NAS Jacksonville, rolled up their work sleeves and lent a hand roofing a Habitat For Humanity house in Jacksonville on May 22.

The local chapter, known as HabiJax, is breathing hope into a neighborhood filled with neglect and despair. HabiJax; working with volunteers, including these from HSO, are bringing a face-lift of sorts to this neighborhood. HabiJax houses, now in various stages of completion, will soon provide several families a fresh start in a home they can call their own.

Habitat for Humanity International is a nonprofit worldwide Christian housing organization that invites people of all backgrounds, races and religions to build houses together in partnership with families in need. The organization was founded in 1976, and has built more than 100,000 houses around the world, providing more than 500,000 people with affordable shelter.

Habitat is not a "free ride" though. Certain criteria must be met before the first nail is driven. Habitat houses are sold, not given, to perspective homeowners. To qualify, they must live in substandard or overcrowded housing.

They also have to be able to make the mortgage payment. "Sweat equity," or several hours of work has to be given as well to either their perspective new home, or another sponsor organization to build another house.

Two years ago, former President Jimmy Carter, who helped Habitat gain world recognition by his volunteer efforts, came to Jacksonville and helped to build 100 houses in 17 days.

At the work site, crew leader Stephanie Boegeman held a safety brief before hammers were passed to the group.

"I have always wanted to participate in this program," said a smiling HN Jennifer Swann as she waited her turn to scale the



HSO'S YN1 J.D. Craig nails one of several shingles during the roofing of a HabiJax house.

ladder. Once on the roof, more direction was given and then Sailors went to work under skies that would soon turn hotter as the day played on.

"The greatest thing about having the Navy come out here is that it gives them a chance to serve their country in another way," said crew leader Jennifer Lears. "The Navy supports us so much. We did a huge build last February and I had Navy people at my site every day. They always work hard and have fun," she added.

Up on the roof, the sounds of hammers mixed with chatter could be heard as shingles were being hammered in place. The first roof the HSO group tackled wasn't expected to be done until the end of the day. They wrapped it up by lunchtime. Afterwards, the group volunteered to help another team further down the block with their roofing work. When the weary crew finally climbed down the ladder at the end of the day, they were dirt smeared faces and smiles from a job well done.

"Everybody was safe today and worked hard," said YN1 J.D. Craig as he wiped some tar grease off his face. "A good time was had by all and we look forward to helping out again sometime," he added.



Photos by JOC Bill Austin and HIM3 Eric Wood

Volunteers (left to right) HN April Halberg, JOC Bill Austin, YN1 J.D. Craig and HN Jennifer Swann tackle roofing a Habitat For Humanity House in Jacksonville.



Meal hours Monday through Friday

Breakfast: 6 to 7:30 a.m.
Lunch: 11 a.m. to 1 p.m.
Dinner: 4:30 to 6 p.m.
Saturday, Sunday and holidays
Breakfast: 6:30 to 8:30 a.m.
Brunch: 10:30 a.m. to 12:30 p.m.
Dinner: 4 to 5:30 p.m.

Meal costs
Breakfast \$1.60
Brunch/Lunch \$3.25
Dinner \$3.25

Thursday
Breakfast

Grilled ham slices
Hash brown potatoes
Waffles
Assorted omelets
Oven fried bacon

Lunch

Lemon baked fish
Rice pilaf
Chicken gravy
Broccoli
Baked chicken

HELPING HANDS

Jacksonville Baptist Home for Children

If you have a group of at least five people who are interested in helping out at the Jacksonville Baptist Home for Children on University Blvd. (near the Atlantic Blvd. intersection, behind Love Grove Elementary School) - volunteers are needed to plant flowers; assist with raking lawns and bagging leaves, and for minor clean-up in the horse barn. Refreshments and tools will be provided. Shifts are available during the week from 9 a.m. – 2 p.m. (including free lunch) and Saturdays from 9 – 11:30 a.m. To sign up please contact Sherri Albertson at 542-5380 or Cindie Badger at 270-6600, Ext. 137.

Lights, camera, kids!

The 20th anniversary of the Children's Miracle Network celebration broadcast is this weekend at WJXT. Help with event set-up and take down, registration, pledge verification, data input and food display. The minimum age is 14. Call Lauren O'Shields at 202-2900 for details.

Summer camps

Camp I Am Special and Camp Promise are residential summer camps for children with disabilities. Volunteers are needed as activities assistants. Camps run different weeks from June 2 through Aug. 2. Call Patrick Kennedy at 356-0810 for information.

Become a youth summer camp assistant. Help with daily activities, games and meals at the **Bridge of Northeast Florida**. The fun starts June 10 and runs for six weeks. Call Georgette Litzie at 354-7799.

Camp counselor positions are available at **Community Connections**. Summer day camps begin run now through Aug. 2. Call Jo Johnson at 727-6460.

The **Webb Center** offers both a summer day camp from June 3-28 and a back-to-school day camp July 15-26. Assist children and young adults with disabilities in arts and crafts, first aid/CPR instruction, computer classes, cooking and child care classes. Call Jennifer Hatcher at 398-3029.

FROM THE GALLEY

Mashed potatoes
Lima beans
Corn chowder

Dinner
Oven roast beef
Parsley potatoes
Green beans creole
Chicken rice soup
Scalloped ham/noodles
Steamed rice
Steamed corn

Friday
Breakfast

Oven fried bacon
Hash brown potatoes
Oatmeal
Assorted omelets
Corned beef hash
French toast

Lunch

Mexican pork chop
Spanish rice
Asparagus
Tomato noodle soup
Herbed baked fish
Scalloped potatoes
Mixed vegetables

Dinner

Salisbury steak
Home fried potatoes
Peas and carrots
Beef rice soup
Baked stuffed fish
Lyonnaise rice
Summer squash
Brown gravy

Saturday
Breakfast

Grilled minute steaks
Cottage fried potatoes
Grilled pancakes
Grilled bacon slices
Omelets

Brunch

Grilled ham and cheese
Boston baked beans
Vegetable supreme soup
French fried potatoes
Mixed vegetables
Grilled bacon slices

Dinner

Herbed baked chicken
Okra and tomato gumbo
Minestrone soup

Jaegerschnitzel
Whipped potatoes
Steamed cauliflower
Egg noodles

Sunday
Breakfast

Corned beef hash
Hash brown potatoes
Waffles
Assorted omelets
Oven fried bacon
Grits

Brunch

Oven fried bacon
Cheesy bacon burger
Steamed corn
Glazed carrots
Cream of chicken soup
French fries
Assorted omelets

Dinner

Beef sauerbraten
Beef gravy
Green peas
Cream of chicken soup
Baking powder biscuits
Turkey pot pie
Risssole potatoes
Stewed tomatoes
Steamed egg noodles

Monday
Breakfast

Minced beef w/toast
Hash brown potatoes
Grits
Grilled bacon
Assorted omelets

Lunch

Beef suriyaki
Filipino rice
Peas and carrots
Cranberry sauce
Brown gravy
Southern fried catfish
O'Brien potatoes
Cream style corn
Shrimp gumbo soup

Dinner

Grilled pork chops
Buttered noodles
Sucootash
Vegetable soup
Braised beef cubes
Lyonnaise potatoes
Brussel sprouts

Tuesday
Breakfast

Creamed chipped beef w/toast
Strawberry pancakes
Assorted omelets
Hash brown potatoes
Oatmeal

Lunch

Chicken tetrazzini
Steamed rice
Steamed broccoli
Iced yellow cake
Meatloaf
Oven browned potatoes
Steamed cauliflower
New England clam chowder

Dinner

Sweet and sour pork
Mashed potatoes
Cabbage wedges
Chicken noodle soup
Oven roast beef
Chow mein noodles
Seasoned corn
Steamed rice

Wednesday
Breakfast

Grilled sausage links
Cottage fried potatoes
Grits
Grilled bacon slices
French toast
Assorted omelets

Lunch

Hungarian goulash
Stir fry vegetables
Steamed egg noodles
Mulligatawny soup
Garlic fish
Steamed carrots
Oven-glo potatoes

Dinner

Chicken adobo
Steamed rice
Cauliflower combo
Pepper pot soup
Tempura fish fillets
Parsley potatoes
Club spinach

Note: The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.

FFSC offers educational and support programs

The Fleet and Family Support Center Life Skills Education and Support Program is the foremost prevention measure for the avoidance of personal and family problems. All FFSC workshops and classes are free of charge and available to service members, family members and civilian personnel aboard the base. Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, x127 to register.

The following workshops are available during the month of June 2002:

June 3-6, 7:30 a.m. – 4 p.m. – Transition Assistance Workshop
June 4, 8 a.m. – 4 p.m. – Parenting Skills Workshop
June 6, 9-11:30 a.m. – Basics of Budgeting
June 11, 8 a.m. – 4 p.m. – Stress Management Workshop
June 11, 9-11 a.m. – What About The Kids?
June 12, 8 a.m. – Noon – Smooth Move Workshop
June 13, 9-11:30 a.m. – Debt Control
June 17, 9 a.m. – Noon – Florida Family Law Information Seminar

June 17-21, 8 a.m. – 4 p.m. – Command Financial Specialist Training
June 18, 9 a.m. – Noon – Coping with Difficult People
June 18, 11 a.m.- 1:30 p.m. – Budget for Baby Workshop
June 18, 6-8 p.m. – Budget for Baby Workshop
June 25, 8 a.m. – Noon – Divorce Adjustment Workshop
June 27, 8–11 a.m. – Anger Control Workshop
June 27, 1:30-3 p.m. – Volunteer Service Council
June 27, 6:30-9 p.m. – Ombudsman Assembly

COMMUNITY CALENDAR

The **Navy Wives Club of America, NWCA Jax No. 86**, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m.-1 p.m. Call 772-0242 or President Barbara Howard at 471-1444.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information call 276-9415.

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets". If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at rrjax@attbi.com or 241-6222.

Girl Scout Troop 333 meets every Wednesday from 7-8:30

p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited. Adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held in the Convent at St. Joseph's main church on Loretto Road. Call 268-1591.

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 – 9 p.m. every Tuesday night. Contemporary music, refreshments and bible study featuring a video study of Philip Yancey's "The Jesus I never knew" will be apart of the activities. For more information call 542-3051.

MWR NOTES

Karaoke contest starts next week

Be crowned the king or queen of NAS Jacksonville Karaoke by competing in the Brew House Karaoke contest.

The contest starts June 5. Come on out and compete or just have fun singing every Wednesday in June from 6 – 10 p.m. Open to all base personnel.

All are welcome to come and watch the fun. Call 542-5009 for information.

Live band plays outside Brew House

All base personnel are invited to see the "Boxrockers" live in the parking lot outside the Brew House on June 7 and June 21 from 6 - 11p.m.

Two junior golf camps offered

If you have children between the ages of 6 and 17 now is time to get them swinging. Junior Golf Camp has two sessions this year, Session 1 runs June 6 - July 4 and Session 2 runs July 11 - Aug. 8.

Each session is \$50 per session and lessons are held at the NAS Jacksonville Golf Club Driving Range. Stop by the Pro-Shop and register today by calling 542-3249.

I.T.T. offers trips

I.T.T. trips are open to all base personnel and their guests, you cannot beat these great deals and we do all the driving.

Micanopy And Kanapaha Gardens - Shop and stop to smell the roses on June 1. See

Kanapaha Botanical Gardens in Gainesville then spend the afternoon antique shopping in the sleepy little village of Micanopy for \$12.70.

Labor Day In Atlanta - See the best Atlanta has to offer on a four-day adventure Aug. 30 to Sept. 2. Transportation, hotel, breakfast, tour and entrance to all the best sites for \$211.85 per person, based on double occupancy. Sign up by Aug. 9.

Fall Colors - Don't just dream of seeing the colors change-see them on a trip to the Mountains Oct. 10-14. Visit Warm Springs and Callaway Gardens; Oktoberfest in Helen Ga; Biltmore Estates and Chimney Rock Park in Asheville - all this and more for \$328.75 per person based on double occupancy.

Ticket specials

Get your tickets for the Pepsi 400 or the Busch Series race at I.T.T. for \$46.10. Take the whole family to the Busch Series race. Children under 11 will be admitted free

With each paid adult admission. Catch a ride to the Pepsi 400 on the I.T.T. shuttle for

\$8 per person round trip. Call 542-3318 for more information.

Fun in the sun

Stop by the Mulberry Cove Marina and rent some watercraft. It's only \$25 an hour for jet-ski rentals from June - August for active duty. We provide all the training required for not additional cost.

The Marina offers free canoe and kayak rentals to active duty Sailors on Thursdays (on base only use).

Gear up for springtime camping and get two items of camping gear free when you rent a 3 or 4-person tent. For more information call 542-3260.

The Zone offers lunch specials

Looking for a change in your lunchtime routine? How about checking out the daily lunch specials offered in The Zone.

All lunch specials come with your choice of ice tea or soda. Choose to eat in Yesterday's Café, The Brew House, or play Bingo or if you are in the E7-E9 paygrades have lunch in the CPO Club.

Super Saturday Bingo slated

Grab the daubers and get ready to win some cash on June 1 in The Zone. All paper packages are \$75 and paper and computer packages are \$150. Door sales start at 11 a.m. Call 542-5007 for details.

Ladies tee it up

Calling all ladies out to the golf course on Fridays at 4:30 p.m. to socialize while learning or improving golf skills. The cost is only \$10 per session and includes wine and cheese after the lesson.

all 542-3249 for more information or just show up on Fridays.

Visit MWR online at www.nas-jax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtg@nasjax.navy.mil.

Base ticket office opens



Photo by Kaylee LaRocque

From left, Capt. Mark Boensel, NAS Jacksonville commanding officer, Brett Tracey, Community Activities director, Lorie Boyd, facilities design technician from Pers-65 and Lt. Cmdr. Charles Mendoza, officer-in-charge or ROICC cut the ribbon on May 17 to officially open the I.T.T. office after nine months of renovation. I.T.T. sells discount tickets to area attractions to military members and their families. Their hours of operation are Monday through Friday from 9 a.m. to 5 p.m. and Saturdays and holidays from 9 a.m. to 2 p.m. For more information on tickets and tours, call 542-3318.

CPO Club Dinner & Dance

Friday, May 31, 2002

\$30 Per Couple

6pm: No Host Social

7pm: Cocktails

8pm: Reef & Beef Dinner Followed by DJ

Menu: Crab Legs, Steamed Shrimp, Battered Fish, Seafood Casserole, Roast Beef, Garden Veggies, Rolls, Tea/coffee

542-3461

To Make Reservations

Kid's Fun Run slated for Saturday

A one-mile Kid's Fun Run is scheduled for Saturday at 10 a.m. beginning at the Navy Exchange Courtyard. Each child participating will receive a T-shirt.

Prizes include two adult, two children Disney tickets, four tickets to Arabian Nights, three Sea World plush animals, and two children's standard bicycles.

For more information call 542-3518.

JAX TALES

By Mike Jones - mikejones43@hotmail.com

www.rickystour.com



On The Go With USO

The USO has free tickets to the NASCAR Busch Grand National Series on July 5.

The race begins at 8 p.m. Tickets will be available beginning June 21, however, the USO will begin taking names on June 10.

Either come by our office at the NAS Jacksonville front gate or call us at 542-3028. Active duty may have as many as they desire (within reason). Military retirees are allotted two tickets.

Jax Air News

Your Base News Source!

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Every Thursday!

SPORTS

Intramural golf league forming

The league is open to all NAS Jax active duty personnel. Matches will be played on Wednesdays at 12:30 p.m. The season is scheduled to begin June 12.



Team rosters should be turned in no later than May 31.

All-Navy women's softball tryouts

The All-Navy Women's Softball Team tryouts will be held at the McCaffrey Softball Complex, June 8 from 8 a.m. to noon. Tryouts are open to active duty females only. Call the base gym to sign up.

Navy Southeast Regional Running and Triathlon Team

Competitive runners are wanted to represent U.S. Navy in 5K, 10K, marathons, and/or triathlons?

U.S. Navy will showcase elite active duty men and women in regional races. Uniforms will be provided as well as transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) race and your time must be one of top ten regional qualifying times.

If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

| Southeast Regional Qualifying Times | | |
|--|-------|--------|
| 5K | Men | 19:00 |
| | Women | 24:00 |
| 10K | Men | 34:00 |
| | Women | 46:00 |
| Marathon | Men | 3H 30M |
| | Women | 4H |
| Triathlon | Men | 2H 30M |
| | Women | 3H |
| Triathlon time based on 1.5k swim, 10k run, 40k bike | | |

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil/mwr.mil

STANDINGS

Open Softball Standings

As of May 20

| Team | Wins | Losses |
|----------------------|------|--------|
| New Look C.B.'S | 13 | 2 |
| Bukkets | 11 | 4 |
| VP-16 | 10 | 4 |
| First Command Chiefs | 10 | 5 |
| VP-30 Students | 4 | 11 |
| Hangar Bangars | 2 | 12 |

Intramural Softball Standings

Help Keep Your Base Clean!

As of May 24

| Team | Wins | Losses |
|----------------|------|--------|
| AIMD | 13 | 2 |
| VP-16 Red | 14 | 3 |
| VP-5 | 12 | 3 |
| WFN | 10 | 3 |
| Air Ops/NLMOF | 12 | 4 |
| VR-58 | 10 | 5 |
| VP-30 Students | 10 | 5 |
| VP-30 Staff | 10 | 6 |
| NAMTra | 6 | 8 |
| VS-24 | 4 | 6 |
| HITRON-10 | 5 | 10 |
| HS-75 | 3 | 6 |
| VP-62 | 3 | 10 |
| VP-16 White | 3 | 8 |
| HS-3 | 2 | 12 |
| NavHosp | 1 | 13 |

Find buried treasure in your basement

Do you have old Savings Bonds?
Check out the Savings Bond Calculator at: www.unearthedtreasures.gov to discover their value. 1-800-4US-8286

A public service of the Department of the Treasury